

How to Get the Most Out of Your Appointment When You Have Diabetes

A good relationship with your care team can help you get the best care. To make your appointment time as useful as possible, you can:

1) Be Prepared:

- Start a notebook - write your questions down before the appointment and take notes during the appointment.
- Bring a list of all your medications & other pills you take.
- Bring your meter and log book or, if possible, write down your blood sugar readings including the date and time.
- Bring your Advance Directive to review with your doctor. They are the written instructions that tell others what kind of health care you want when you are sick and cannot speak for yourself.



2) Ask Questions:

Problem

- What is my diagnosis?
- What causes this?
- What else could it be?

Treatment

- What are my choices?
- What are the benefits and risks?

Medications

- What does the drug do?
- What are the side effects?
- Should I avoid anything while on this medication?

Tests

- What tests do I need & why?
- How is the test done?
- How do I prepare
- What are my numbers?
 - A1c
 - Blood Pressure
 - Cholesterol (HDL, LDL)

3) Talk to your doctor:

Never be afraid to tell your doctor if you don't understand something. Don't be embarrassed or ashamed to bring up sensitive topics.

4) Share everything:

Talking about how you feel is very important. You can help to figure out what's wrong if you talk about everything that is bothering you. Even if you think something is not important, it may be very important to your doctor.

5) Bring a Companion

A family member or friend can help you remember questions to ask or explain what the doctor said. If you need personal time with the doctor, your companion can sit in the waiting room for part of the appointment.

6) Ask: What can I do to help myself?

Asking this question can start a discussion about things you can do to help yourself feel better. Your doctor might suggest that you try:

- a certain kind of exercise, diet or a supplement
- counseling or ways to manage stress

7) Schedule a follow up appointment:

If you feel rushed or just overwhelmed, you might forget to ask a question. If this happens, save the question for your next visit or call the Advice Nurse line. Schedule a follow up visit if the doctor wants you to come back. **Or, contact your care coordinator.**

CCHP Advice Nurse Line

You can call our Advice Nurse Unit, 24-hours a day, every day.

You can get:

- Advice after your doctor's office has closed.
- Help to decide between going to the Emergency Room or making an appointment to see your doctor.
- Information about health conditions, medications and side effects.
- Results from your lab tests.



**Advice Nurse Line:
1-877-661-6230**

**Press #1 for English
Then, press #1 again for the Advice Nurse**